

Western Watauga Senior Center

January 2019



Mon	Tue	Wed	Thu	Fri
	1 Closed for New Year's Day	2 Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) AA Mtg 7:30pm	3 Walking 8am Lap Quilting 9am Rug Hooking 1pm Community Meal 4-6	4 Bingo 10am Walking 8am Card Games 9am Sewing 9am-10am Weaving 10am
7 Walking 8am Bone Builders 10:30am Card Games 9am	8 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	9 Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) AA Mtg 7:30pm	10 Walking 8am Lap Quilting 9am Rug Hooking 1pm Community Meal 4-6	11 Bingo 10am Walking 8am Card Games 9am Sewing 9am-10am Weaving 10am
14 Walking 8am Bone Builders 10:30am Card Games 9am	15 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	16 Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) Book Club 2:30pm AA Mtg 7:30pm	17 Walking 8am Lap Quilting 9am Rug Hooking 1pm Community Meal 4-6	18 Bingo 10am Walking 8am Card Games 9am Sewing 9am-10am Weaving 10am
21 Closed for Martin Luther King Day 	22 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	23 Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) AA Mtg 7:30pm	24 Walking 8am Lap Quilting 9am Rug Hooking 1pm Community Meal 4-6	25 Bingo 10am Walking 8am Card Games 9am Sewing 9am-10am Weaving 10am
28 Walking 8am Bone Builders 10:30am Card Games 9am Bluegrass 10am	29 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am Dementia group 3pm	30 Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) AA Mtg 7:30pm	31 Walking 8am Lap Quilting 9am Rug Hooking 1pm Community Meal 4-6	

WESTERN WATAUGA SENIOR CENTER January 2019

Closed on Tuesday, January 1st for New Year's Day
Closed on Monday, January 21st for Martin Luther King Day
Bingo on Fridays at 10am
Bluegrass Music on Monday, January 28th
Bridge Group on Tuesdays-call Cindy for more info



Weekly and Monthly Activities

Coffee and Chat - Monday-Friday, 8am-11:30am
Congregate Nutrition - Monday-Friday at 11:25am
Card Games - Monday-Friday 9am-12pm
Walking in the Old CC Gym or Park - Monday- Friday 8am-1pm
Bone Builders- Mondays at 10:30am
Watauga Woodcarving - Tuesdays at 9:30am
Beading/Jewelry - Tuesdays at 10am
Knitting - Wednesdays at 9am
Pottery - Wednesday at 9am
Art - Will start back in the Spring
Lap Quilting - Thursdays at 9am
Weaving - Fridays at 10am
Sewing - Fridays at 9am
Computer Assistance - First Tuesday of month (appt. only)
Bridge - Tuesdays at 10am
HandspINNers - First Sunday of each month, 2-4pm
Fiber Guild - Third Saturday of each month
Bingo - Fridays at 10am
Dementia Support Group - last Tuesday of each month at 3pm
Book Club -Third Wednesday at 2:30pm
Bluegrass Music- last Monday of each month at 10am
Western Watauga Food Outreach Community Dinner - Every Thursday 4-6pm with free food distribution and meal. All ages are welcome on first come-first serve basis. Call Hunger and Health Coalition at 828-262-1628 for more info.
AA Group - Wednesday nights at 7:30pm

****Lunch is served from 11:25am to 12 noon**



Hours of Operation - Monday-Friday 8am-4pm. Most classes are free to those 60+. **Building rental** available after hours and weekends for fee.



For additional information, questions about activities, or to register for transportation, please contact the Center Director, Cindy Lamb at:



**Western Watauga Senior Center
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Sugar Grove, NC 28679
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